



Cameray
Child & Family Services

Cameray Newsletter

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2015 In Review

By Tracey Rusnak, Executive Director

Wow, time flies! It's almost February as I sit down to write about what happened at Cameray in 2015. It was a busy, eventful year! Here are the highlights:

New Branding

An exciting project this year was the development of our new logo and website, thanks to Hyack Interactive. It was high time we updated! We are happy to have received very positive feedback on our new look.

Re-Accreditation



After much hard work, reviewing all our policies and practices and compiling evidence of our compliance with accreditation standards, and culminating in a site visit from COA peer reviewers in mid-June, Cameray successfully passed the re-accreditation process. In fact, we did so well that we were expedited through the Pre-Commission Review Report process as a result of our ratings. Cameray is now accredited with

Council on Accreditation through October 31, 2019. Thank you to all staff for their hard work through this challenging process, as well as to our clients and community partners who assisted us through participating in surveys and interviews. We couldn't have done it without you!

Goodbyes and Hellos

We had a few changes in personnel in our Counselling program over the year - and we were sad to say goodbye to some long-time staff. We wish all the best to Lara Wease, Jenny Watt and Stephanie Moyal. In addition, we said a temporary goodbye to the Clinical Coordinator, Michelle Holding, as she left on maternity leave. However, we also got to say hello to some new Counsellors - Tiffany Jay, Betty Lau, and Jessica Kam - as well as Mena Perrotta who returned from Cameray days gone by to fill in as Clinical Coordinator, and of course hello to Michelle's twin baby girls! In addition, in the Parent Support Program, we wished Kat Fournier goodbye congratulations on the birth of her baby girl, and welcome back to Jody Moore as she also returned from Cameray's past to cover Kat's PSP Counsellor position.

Hats Off Day



The agency participated in Hats Off Day in June in order to increase our visibility in the community. We had a lot of fun, and had a successful day of informing the community about our services and selling popcorn! A big thanks to TD Bank on Hastings at Madison for hosting us, to staff for coming out on their weekend to help promote the agency, and to our volunteer popcorn sellers Sophia and Julia!



Cont'd

New Programs and Grants

As always, we are trying to fill as many service gaps and provide as many programs for children and families in Burnaby and New Westminster as we can. In 2015 we were successful in forging a partnership with Child and Youth Mental Health to offer two series of Connect parenting groups for the community. These were well-attended and we are excited to continue the partnership into 2016. We also created the new Youth Consent Education Project to provide educational sessions to high school students, teachers, and PACs around the legal implications of sexual assault and issue of consent. Finally, we are grateful to the following organizations for providing us with grants during the year:

For ACTS Program:

- TD Bank
- Supporting Burnaby Youth Society/Burnaby Children's Fund
- Coast Capital Savings

For Parent Support Program:

- MCFD Children First
- United Way of the Lower Mainland: Success By Six
- Kids New West

For Community Kitchens:

- Burnaby Empty Bowls
- NutritionLink Services Society

Fundraiser Workshop



In November we hosted our second annual fundraiser workshop at the Italian Cultural Centre. 89 participants had a full day learning about "Working with Trauma in Children and Youth: Building Your Toolbox" with Natalie Clark and Penny Davis. It was a successful event, and we are busy planning another for 2016!



Holiday Party

Finally, we held our annual Holiday Party for clients in the Parent Support Program. As usual, it was well attended and a good time was had by all. Many thanks to Calkins & Burke, TD Bank, and BCAA for their donations to help us provide food and toys to many deserving families in need!



So that wraps up 2015. Wow! I will try to blog more regularly to keep you all posted in 2016 - in the meantime we are looking forward to another great year!



Shop and Share.ca is a unique online shopping experience and easy fundraising program all rolled into one. Each online purchase you make through www.shopandshare.ca automatically generates a donation for Cameray Child and Family Services! It doesn't cost you a penny more to shop through this site and there are no membership fees or deadlines, and you don't have to donate out-of-pocket!



You will find hundreds of popular online store so you can buy what you want whenever you want, and feel good knowing that your day-to-day purchases are supporting Cameray.

Simply go to www.shopandshare.ca and click the blue "My Account" button to create a free account. Choose "Cameray Child and Family Services", then follow the links to your favorite retailers and start shopping today!

Making Time for Children

We live in a time when we must learn new skills to cope with a flood of information, new technologies, and the loss of community support for our families. The almost inevitable outcome is that most adults feel unable to spend enough time with their children – time which is critical to their children's well-being.

What are some of the things our children need from us?

Children need adult's time and involvement in their lives.
Children need parents to recognize the value of allowing free time for play.

How do I, as a parent, integrate the many demands on my time?

- Evaluate every time commitment.
- Become vigilant in saying "no" – learn to determine which requests for work overload are really important
- Know your limitations
- Refresh yourselves on weekends.
- Become more dispassionate in your relationship to work and define yourself independently of it
- Set priorities
- Seek flexible work arrangements to maximize personal/family time
- Make time for personal priorities
- Evaluate alternatives to your current grueling pace



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Coast Capital Savings
Literacy Now
Mary Bolton
Metropolis at Metrotown
Nutrition LINK Services Society
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- Burnaby School District
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- Fluor

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PARTNER DONORS:



COMMUNITY PARTNERS:

Burnaby School Age Initiative
Burnaby-New Westminster Task Force on Sexually Exploited and At Risk Youth
Burnaby Early Childhood Development
Kids New West

MISSION STATEMENT:

Cameray Child & Family Services is a community-based agency committed to the strengthening of individuals and families through a spectrum of services including counselling, education, outreach, and advocacy.

Donor Highlight

Metropolis at Metrotown

We are thrilled to have received a generous donation from the Metropolis at Metrotown Community Investment Fund. This fund is generated by the *Metropolis Express*, a trackless train that runs through the corridors of Metropolis at Metrotown and provides rides by donation. Cameray has received a donation from this fund to support our ACTS Program, which assists grade 5-7 students with the transition to high school. We are very grateful to Metropolis at Metrotown for their generous support!

